

## 4D FAQ

### 1. What is 4D ultrasound?

4D ultrasound is the latest in ultrasound technology, adding the fourth dimension, time, to a 3D image. 4D Ultrasound takes multiple 2-dimensional images, creates a 3-dimensional image and then adds the element of time to the process. This results in 3D live action images of your unborn child.

### 2. Does 4D scanning present any risk to the baby?

No. 4D scans are no different to conventional 2D scanning in that they use sound waves to look inside the body. The images are collected by the ultrasound machine and then processed by the computer to give a three dimensional image. There has been much research over the years into ultrasound scanning but there is no evidence or reports of adverse effects on the baby or mother.

### 3. Who will do the scan?

All scans are undertaken by Ultrasound Advanced Practitioners who have extensive Obstetric scanning experience. All our sonographers work within the guidelines for the safe use of ultrasound equipment laid down by the British Medical Ultrasound Society.

### 6. Do I need a referral to have a 4D scan?

No. 4D baby scans are self-initiated, non medical scans and you will therefore not need a referral from your midwife or GP.

### 7. At what stage of my pregnancy can I have a 4D scan?

Best results can be obtained between 26 and 30 weeks. During this time the baby is still relatively small and there is plenty of water around the baby, so the sonographer will be able to obtain the best pictures. However, we can perform scans outside these times, often with superb images.

### 8. Do I need to wait until I am 24 weeks to book my scan in?

No. You can call and book a scan in at any time during your pregnancy.

### 9. What is the best time to scan twins?

If you are expecting twins, the scan is best done between 25 - 27 weeks, as twins have less space around them.

### 10. How is the scan performed?

Scanning is done on the abdomen as in anomaly scans done at or around 20 weeks. 4D scans are not done vaginally.

### 11. Do I need to drink water before my scan?

No. For 4D scans you do not normally need to drink extra water.

### **12. What should I bring with me to the scan?**

It is very important that you bring your maternity/antenatal records and any hospital/doctor records relating to your pregnancy.

### **13. How much time should I allow for the appointment?**

Please allow 45 – 60 minutes for the complete appointment. This gives time for your scanning and preparation of your DVD, CD and photo prints.

### **14. What factors determine the quality of the images?**

We use the most advanced state-of-the-art ultrasound machine in order to get the best images for you. The quality of images is determined by the position of the baby, the amount of amniotic fluid surrounding the baby (the more the better) and the amount of tissue between the probe and the baby. If we cannot obtain good quality images, you will be asked to relax for 15 minutes or take a short walk and then we will re-scan. If the baby is still not in a good position, we will ask you to return on another day to try again. No charge will be made for this next appointment.

### **15. Can you always get a good image of the baby's face?**

We can usually get excellent face images. However, if the baby has an arm in front of the face or is resting against the wall of the uterus, it is difficult to get a good image. The chance of getting a great images increases around 26 weeks as there is plenty of amniotic fluid around the baby, and the tissue between the skin and bones of the flesh has started to fill out.

### **16. Can you tell me the sex of the baby?**

Confirming the sex of the baby is optional and the sonographer will ask you whether you wish to know or not at the start of your scan. Occassionally the baby may not be in a position where the sex is easily identifiable. If you do not wish to know the sex we will try our best to keep it secret. However, please be aware that 4D imaging is often very detailed, and we may not be able to avoid you spotting the sex of the baby.

### **17. Who can I bring with me to the scan?**

You are welcome to bring your partner and members of your family to the scan if you wish. We can accommodate up to 3 observers in the ultrasound scanning room. We ask you to ensure that small children are accompanied by at least one adult.

### **18. Do I still need to attend all my hospital scans?**

Yes. 4D scanning is not part of your NHS antenatal care and you should attend all hospital and midwife appointments as normal.

### **19. What if an unexpected abnormality is found?**

4D scans are not primarily diagnostic scans for abnormalities. However, as part of

our 4D baby scan policy, we will scan the baby to make sure that all is well. Should any problem be identified, we will tell you, explain as fully as possible and with your permission, we will pass on all the information to your GP and midwife.

#### **20. Can ultrasound detect everything?**

Ultrasound does have its limitations. It cannot identify air or bone so areas such as the lungs, stomach, bowel and bones and best examined using different methods.

#### **21. What packages are available and what is the cost?**

Please see our Packages and Prices page for details and costs.

#### **22. How do I pay?**

Payment can be made by cash, cheque, debit or credit cards, with the exception of American Express. We ask for a £50.00 non refundable deposit to be paid when you book your appointment and the remainder to be paid at your visit to the clinic.

#### **23. When will I get my images, DVD and CD?**

All your products will be available at the end of your appointment. In the exceptional circumstance where we experience unavoidable processing delays, you will be sent your items within 2 working days.

#### **24. How do I book an appointment?**

Call us on **01225 821503** between the hours of 9am-12noon Mon – Fri. and we will arrange a convenient time with you. If you have queries or further questions, we will be happy to discuss these with you and provide you with any further information.